

MUSCULAR EXERCISES FOR HEALTH AND GRACE

LYDIA J. NEWCOMB

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MUSCULAR EXERCISES

FOR

HEALTH AND GRACE

AS TAUGHT BY

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LECTURER IN PHYSICAL CULTURE DEPARTMENT NATIONAL
WOMAN'S CHRISTIAN TEMPERANCE UNION

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PREFACE.

The aim in preparing this book has been to furnish a simple yet complete system of exercises which shall give flexibility and control to every part of the body, and so give health and grace.

No claim is made to having "originated a system," unless originating means taking the best from all sources and putting them together. The results obtained from the use of the system have been very gratifying, and again and again have pupils requested that it be put in book form. At last this has been accomplished, and the book is sent forth, hoping it may be the means of restoring and preserving health.

We need this work in the schoolroom. It is not long flights of stairs and severe courses of study that ruin the health of the pupil. It is the abuse of the physique:

The members of the Woman's Christian Temperance Union, the rank and file as well as the leaders, need it, that they may work more easily and so accomplish more.

PREFACE.

The public speaker cannot do without it, if he or she would do the best work. It is a practical thing for everybody in every walk in life.

So this little book is sent out with the earnest desire that it may be the means of making life easier for some, and of leading all who may read it to a higher appreciation of the physical as a sure foundation on which to build all other attainments.

“ To man propose this test—
Thy body at its best
How far can it project thy soul on its lone way ? ”

CONTENTS.

PART I.

CHAPTER I.

PAGE

INTRODUCTORY	- - - - -	7
--------------	-----------	---

CHAPTER II.

POSITION—Sitting, Standing, Going up and down Stairs, Kneeling, Picking Things from the Floor	- - - - -	9
-----------------------------------------------------------------------------------------------	-----------	---

CHAPTER III.

EXERCISE—Proper Exercise, Improper Exercise, Energizing Exercises, Relaxing Exercises, Grace, Angularity, Curve Movements, Opposition Movements, Harmonic Poise, Laws of Extent and Opposition	- - - - -	12
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------	----

CHAPTER IV.

WALKING—Position of Body, Position of Foot, Length of Foot, Weight Forward, Shoes, Music, Oppositions, Leadings of Chest, Heart-Region and Abdomen	- - - - -	17
----------------------------------------------------------------------------------------------------------------------------------------------------	-----------	----

CHAPTER V.

BREATHING—Diaphragmatic, Clavicular, Abdominal, Ventilation, Mouth-Breathing	- - - - -	20
------------------------------------------------------------------------------	-----------	----

CHAPTER VI.

DRESS—Principles of Healthful Dress, Waist, Feet, Throat, Artistic Dress	- - - - -	24
--------------------------------------------------------------------------	-----------	----

CHAPTER VII.

OBESITY, FOOD, BATHING, NERVOUS DISORDERS—When to Exercise, Exercises for the Cure of Obesity, Sleeplessness	- - - - -	27
--------------------------------------------------------------------------------------------------------------	-----------	----

CHAPTER VIII.

THE THROAT—Hints on the Care of	- - - - -	33
---------------------------------	-----------	----

PART II.

EXERCISES.

CORRECT POSITION	- - - - -	40
HEAD MOVEMENTS	- - - - -	42
HAND, ARM AND SHOULDER MOVEMENTS	- - - - -	43

	PAGE
ARM-CIRCLES - - - - -	43
FOLDING AND UNFOLDING OF ARMS - - - - -	51
RADIATION OF ARM INTO LENGTH - - - - -	52
PIVOTAL ACTION OF ARM - - - - -	52
AFFIRMATION - - - - -	54
DEFINITION - - - - -	54
PRESENTATION - - - - -	54
FIGURE EIGHT - - - - -	56
SERPENTINE MOVEMENT - - - - -	60
FEATHER MOVEMENT - - - - -	63
DECLARATION - - - - -	64
NEGATION - - - - -	64
REJECTION - - - - -	64
COMMANDING MOVEMENT - - - - -	64
LUNG EXERCISES - - - - -	65
TORSO OR TRUNK MOVEMENTS—Knead Ribs, Waist Movements, Hip Movement - - - - -	67
FOOT AND LEG MOVEMENTS—Running in Place, Balancing, Poise at Ankles, Drill for Position of Foot in Walking - - -	69
WALKING EXERCISES TO MUSIC—Hound Step - - - - -	75
MOVEMENTS FOR ENTIRE BODY—Fold and Unfold Body - - -	76
HEAD AND HAND - - - - -	82
HAND AND ARMS, FOREARM AND TORSO - - - - -	85
HEAD, ARM AND FOOT - - - - -	87
HEAD AND TORSO - - - - -	88
HARMONIC POISE, RISING FROM CHAIR, PICKING THINGS FROM THE FLOOR - - - - -	89
RELAXING MOVEMENTS - - - - -	90
COMBINATION MOVEMENTS - - - - -	92
CORRECTIVE EXERCISES - - - - -	93
SCHOOL WORK IN VARIOUS GRADES - - - - -	94
INDIAN CLUB-SWINGING - - - - -	94
GENERAL DIRECTIONS - - - - -	95

ERRATA.

- Ex. IX. Fig 3. Palm of hand should be down.
- Ex. X. Fig. 4. Back of hand is to front in 1st. position; palm to front in 2d. position.
- Ex. XI. Fig. 5. Palm of hand is down in 1st. position; up in 2d. position.
- In Fig. 8. Hand should extend in same direction as in Figs. 6 and 7.
- Page 73. Fourth line from bottom, Ex. XLVI. should read Ex. XLVII.
- Page 75. Ex. XLVII. should be Ex. XXXVII.
- Page 76. Ex. LXI. should be LXII.
- Page 92. Combination I. XLXIX. should be XLIX.
- Combination II. LXXII. should be LXVII. and the last three numbers LIX., LXII.-LXIV.

MUSCULAR EXERCISES.

CHAPTER I.

INTRODUCTORY.

IN these days of unrest and scientific investigation we are told by some that we have no body; that it is a thought, a mere figment of the imagination. Others tell us we have come through a series of evolutions from a mere atom to the present perfected organism. But when we study the human system, note the bony framework, holding man in an upright position yet capable of an infinite variety of movements; the muscular system, moving the different parts of the body in response to the commands of the will; the nervous system, conveying these commands from the brain to the muscles; the circulatory system, as it carries the pure blood to the different parts to build up and repair the waste which is continually going on; the digestive apparatus, which supplies the blood with nutriment that the entire system may be kept in perfect order;—when we consider all these things we are forced to the conclusion that it is the work of God,

that none but God could have created such a wonderful piece of mechanism.

This mechanism is so perfect and so delicately adjusted, that when properly cared for it performs all of its functions without friction or inconvenience to its immortal tenant, and while often suffering from abuse, still shows its wonderful strength and powers of recuperation. When we think of just a few of these abuses—how it is goaded on to unnatural efforts by the use of stimulants, then its sensibilities deadened by narcotics; how the vital organs are compressed and pushed out of place; unwholesome food taken instead of the things that nourish and sustain; the muscles unused until they become weak and flabby; and the nervous system deprived of its required rest—the wonder is not that so many are sick, but that any are well.

All sickness is the result of violation of law, sometimes in one's own body, sometimes a heritage from one's ancestors; and it is only by coming into obedience to the laws which govern these bodies that harmony can be restored. The great remedial agent is good blood, and good blood is dependent upon pure air, wholesome food, and proper exercise.

CHAPTER II.

POSITION.

NO one thing is so important as correct position. Fig. 1 and all corrective gymnastics have that as the final aim. When in position, every organ in the body can better perform its work, and the whole appearance is improved.

If the head is too far forward, the muscles at the back of the neck have become weak and must be strengthened.

If the shoulders are out of position and the chest sunken, exercises must be used that will restore them to a normal condition.

If the abdomen is too prominent, exercises to give flexibility to the hips and to reduce the fat are needed.

Special attention should be given to children to keep them growing in right directions. Be careful that the desks in school are right, that one shoulder does not become more prominent than the other, that they are not compelled to remain in any one position too long, and are taught to keep the body erect. Curvature of the spine is often caused by wrong positions. The cushions between the vertebræ become flattened on one side, and grow rapidly worse and worse. Children

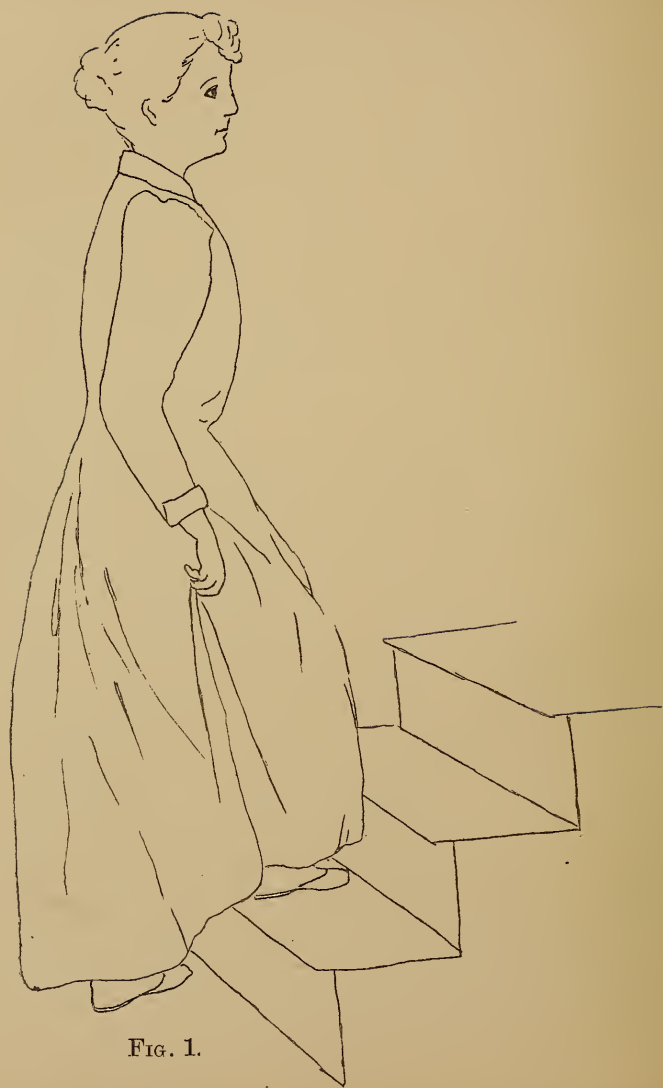


FIG. 1.

in school, especially in the lower grades, should have frequent change—gymnastics, either sitting or standing—walking, stretching, breathing-exercises—anything to relieve both mental and muscular tension and give complete relaxation. Nothing can equal a good play spell in the open air; but where that is impossible, do not neglect the next best.

It is a great mistake to take all exercise standing. We must learn to breathe, talk, keep an active chest and a good position when we sit as well as when we stand, for most people sit quite as much as they stand.

In going up and down stairs the upper part of the body should be kept erect, with the entire foot over the stair and the weight well forward; not bending forward at the waist, as the foot is placed on the stair, but swaying from the hips so the weight is over the lifted foot. This puts the heart and lungs in position to do their best work, and, if not impeded by tight clothing, breathlessness and palpitation of the heart will be avoided, and the terrors of long flights of stairs will disappear. Running up and down stairs is highly recommended as an exercise, and certainly will do no harm if done properly. In going up slowly the heel may touch, as shown in Fig. 1; in running it will not.

The same position of the body should be maintained in kneeling, or in picking things from the floor.

CHAPTER III.

EXERCISE.

PROPER exercise of the muscles has a beneficial influence upon every part of the body.

It aids digestion, and so the blood is better supplied with nutriment, and serious cases of indigestion are cured.

It aids respiration, and so the blood is better purified and supplied with oxygen.

It aids circulation, and an increased supply of blood is carried to the different parts of the body.

By means of the greater supply of oxygen more of the waste matter in the body is burned out instead of accumulating, notably the excess of fat. The muscles become firm and flexible, so improving the general contour of the body.

The same exercise that reduces the stout person will cause the thin person to grow larger, as in both cases muscle is developed. By the increased activity of all the functions of the body the waste products are more thoroughly eliminated, constipation is cured, and the kidneys and skin are in a healthier condition.

The vital organs are frequently below their normal position, because the muscles of the trunk of the body

are so weak. When these muscles are strengthened so the body can be held in correct position, the organs are held in proper place. Every organ in the body is stimulated and strengthened.

Severe mental labor is more easily performed when the brain is nourished by good pure blood; and when the work is finished the brain may be relieved by means of muscular exercise, which draws the excess of blood to other parts.

As more blood is drawn to every part of the body by exercise, so the nerves, which are so closely connected with the muscles, are in a healthier condition.

By means of relaxing exercises we remove stiffness, and so prepare for energizing exercises and also rest the nervous system; for when the muscles are inactive the nerves are off duty. These exercises have cured severe cases of insomnia and nervous prostration.

We need general exercise to tone up the entire system and strengthen the weakened parts, both directly and indirectly.

By gaining flexibility and control of every part of the system, our movements become harmonious and we are truly graceful.

By means of this flexibility and control, we avoid friction and tension; and so vital energy or nerve-force is economized.

By harmonious action we may be continually accumulating vital force instead of drawing upon the reserve capital.

Improper exercise weakens instead of strengthening.

A muscle may be stretched until its elasticity is gone, sometimes entirely destroying its use.

By putting too great strain upon wrists or ankles, "weeping sinews" are often caused.

The heart is weakened by excessive action.

Blood-vessels are burst by too great or sudden exertion.

Anything that causes breathlessness and palpitation of the heart has a tendency to weaken both heart and lungs.

Severe exercise immediately before or after eating will cause indigestion.

Too much relaxation will destroy vigor.

Serious injuries often result from falls occasioned by the use of complicated apparatus.

Muscular strength may be developed at the expense of other parts of the body.

Muscular exercise should have a higher aim than mere muscular development, and two tests may be applied to every exercise: (1) Will it bring about a normal development or condition of any part of the body; and (2) will it tend to give control and flexibility and

so, by bringing about harmonious relations between the different parts, conduce to graceful movements? In cases of deformity or serious abnormal conditions of any sort, only the first can be considered; but in ordinary cases the two can go together as well as to take one set of exercises for development and a second set for grace.

The exercises here given are based upon laws that govern the ideal and are, for that reason, largely in curves and oppositions. Nature has seemed to have but little use for straight lines or angles, either in the structure of the human body or in its surroundings. Movements from the body belong to the vital nature; those toward the body to the mental. In the curve we find the combination of the two, giving the highest type. The curve, too, is always regarded as the line of beauty.

In cultivating the body we must have the perfect ideal in mind and work in accordance with laws which govern the ideal, to obtain the best results. A movement which is angular in itself will never produce grace, and comparatively few angular movements possess sufficient additional value to warrant their use.

At some time during the day there should be a complete relaxation of every part of the body, if for only a few moments, usually preceding the energizing work,

as this removes stiffness and prepares the body to receive the greatest benefit. By constant tension, working at high pressure with no let down, we draw continually upon our reserve force, and suddenly find ourselves bankrupt; then insomnia, nervous prostration, even insanity, follow.

By a careful study of the laws of opposition and the practice of exercises based upon these laws, we obtain perfect equilibrium of all the parts of the body, or, as it is more commonly called, harmonic poise. By the perfect balance of parts we acquire the strongest as well as the most graceful positions. "Opposition is strong, parallelism is weak." The head opposes the hand and the torso; and, when the entire body is used, the head is with the weight. Usually the entire arm is used with the entire body, the forearm and hand with head and torso, while only the hand is used with the head.

By a system of exercises based upon the principles set forth in this chapter, none can be injured, all may be benefited; while with severe exercise, it is often a matter of selection, "the survival of the fittest."

The object should be flexibility and control,—to bring the body into subjection to the higher nature, and make it expressive of the real personality, the immortal ego.

CHAPTER IV.

WALKING.

THE correct position of the body is the first requisite for walking. (Fig. 2.) The position of the foot in walking is shown in Figs. 26 and 27. The length of step should be about twice the length of one's own foot, and both feet should cross the same line at the angle shown before, the inside of the ball of the foot and the outside of the heel just covering the line.

There has been much discussion as to which part of the foot should strike first, ball or heel. When the foot is ready to leave the ground to pass forward it is on the ball, entirely off the heel; so if the heel is to strike at all it must strike first, otherwise we have a backward movement of the foot when we wish to go forward. In walking backward the ball strikes first, then the heel; in going forward just the reverse. If the heel is low or a spring heel is worn, there will scarcely be a perceptible difference, but the weight must be forward. When it is back, the entire nervous system is jarred with every step, often causing severe headaches and other nervous troubles.

The feet must be clothed comfortably in a broad-

soled, low-heeled shoe; better still, the spring heel, with at least moderately heavy soles that will protect the feet from dampness and inequalities in the walks. If the ankles are weak a low shoe will give them a better opportunity to strengthen.

When everything has been carefully practiced so the mechanism is perfect, walk to music—a military schottische gives the best movement,—and so gain a rhythm and flow in the walk that can be obtained in no other way. Walking with and without music is like the difference in legato and staccato music.

Too long or too short steps, swaying of the body, peculiarities of any sort, waste vital force and so are unhealthful. A graceful walk is strong and vigorous and will carry one miles without effort. Affectation is often mistaken for grace. It is weak and has too much of ease. Some people are too precise and lack ease. True grace is the combination of precision and ease, giving harmony of movement.

There are psychological as well as physiological reasons for the walk and position here given. The chest is the seat of honor, the heart-region the seat of the affections, while the abdomen is the seat of the appetites. When in correct position the chest and heart-region are brought into prominence.

Broad positions of the feet, that is, spread sidewise,

indicate weakness; a broad base becomes necessary to preserve equilibrium. Therefore, aim to keep both feet over the same line in walking; none but the strong can do it. One of the best ways to practice is with a tape marked off in spaces double the length of your foot. Pin it to the carpet in front of a mirror and walk on it, observing position of foot and body, and length of step.

By thorough practice of opposition movements we gain harmonious movement of the different parts of the body, and so avoid rigidity in walking. The exercises given here will correct all defects in the walk. Do not practice any one of them to cure a single mistake, but practice all to attain to the perfect thing.

CHAPTER V.

BREATHING.

THE trunk of the body is divided into two great cavities, the chest and the abdomen, separated by a thin muscle, the diaphragm, which forms a floor for the lungs and heart and a roof for the stomach, liver, etc. .

As the lungs fill with air, the walls of the lower part of the chest and the upper part of the abdomen, in the region of the floating ribs, press outward and the diaphragm passes downward, thus making room for the lungs. This is correctly called diaphragmatic breathing; but as it is also often called abdominal breathing, great misunderstanding has arisen. Many persons, associating with it the idea of deep breathing, and forgetting that the abdomen extends upward to the diaphragm, have adopted a muscular movement of the lower part of the abdomen and call it abdominal breathing. This is as erroneous as the movement of the upper chest only, known as clavicular breathing. This is often caused by too tight clothing, sometimes by lack of effort to fill the lower part of the lungs; and often in avoiding one error the other is committed.

When the body is in correct position, the chest is

raised muscularly and does not move up and down in breathing; and the abdomen being well back does not move in and out, but the perceptible movement is about the waist, back, sides and front.

Clavicular breathing brings the chest or mental zone into action. It is hysterical and indicates a mind unbalanced. This is entirely different from the firm, raised chest, which is an indication of strength. In pantomime, excitement and loss of control are betrayed by the quick rise and fall of the chest in clavicular respiration.

Diaphragmatic breathing throws the moral zone into prominence, is acknowledged by physiologists to be the correct way, and is so taught by our best teachers.

The principal office of the lungs is to supply the blood with oxygen. As the blood comes in contact with the air in the lungs it is changed from the dark, impure, venous blood to the bright, pure, arterial blood which goes on its way to every part of the body. To do this properly we need to use the entire lung-power. It is also necessary for a healthful condition of the lungs that impurities be driven out and replaced by pure air; so ventilation must be looked after carefully that the same air may not be rebreathed again and again.

Most people breathe too rapidly. From thirteen to

sixteen respirations a minute is about normal; but even then we sometimes need breathing-exercises to fill every air-cell and thoroughly purify the lungs. This is sometimes called a lung bath, sometimes a lung sweep, or ventilating the lungs. Any of these names are expressive of the design of the exercise,—to fill every part of the lungs with pure air, just as in ventilating a room we replace the vitiated air with that which is full of oxygen. When not too cold, it is well to take these exercises in the open air.

However well ventilated a building may be, it seems necessary sometimes, when great numbers congregate, to open doors and windows in order to get a sufficient supply of oxygen. At night some way should be devised by which fresh air may enter the room, even in the coldest weather. Do not sleep in a very cold room; for while it may be possible to keep the body warm, the lungs, which are much more delicate than the skin, are liable to be injured. When leaving a sleeping-room in the morning, throw open the windows and let bed and night clothes be thoroughly aired for several hours. Avoid wearing through the day anything that has been worn at night. Do not burn a light during the night, as this consumes the oxygen very rapidly. Some people fear the night air; yet, as Florence Nightingale aptly says, what other air can we

breathe at night? Better pure air from without than the foul air within.

Impure air starves the lungs, dulls the brain, and entirely unfits one for work. Open the windows and let in the life-giving oxygen. If there is a fireplace in the room leave it open, as it is an excellent means of ventilation. "It would be scarcely less absurd to take a piece of elegantly tinted court-plaster and stop up the nose, trusting to the accidental opening and shutting of the mouth for fresh air because you thought it spoiled the looks of your face to have two such great, ugly holes in it, than to stop your fireplace with elegantly tinted paper, because it looks better."

Mouth-breathing dries the throat and so causes disease. Disease-germs which would find no entrance through the nostrils are readily taken into the mouth and find congenial soil for growth in the mucous membrane of the pharynx. The habit of mouth-breathing during sleep may be broken up by persistent effort to keep the mouth closed when dropping off to sleep. Some one has said, if you waken in the night and find your mouth open, get up and shut it. This is very important, as many diseases of throat and lungs may be avoided by correct habits.

CHAPTER VI.

DRESS.

UNTIL the muscles are freed from all undue pressure and excessive weight, it is impossible to gain development, flexibility, or control; and any attempt to exercise may be attended with serious results. While the muscles which cover the trunk of the body are not directly connected with the vital organs, they play a very important part in keeping them in their normal position; and when these muscles become weak and flabby, the organs often drop below position. This is caused also by great pressure about the waist, pushing the liver, stomach, spleen and kidneys downward, and seriously affecting the organs of the lower part of the abdomen. Add to this the weight of heavy skirts, and we have sufficient cause for all the suffering so common among women. This pressure also affects the lungs and heart, often crowding the heart out of place and rendering the lower part of the lungs useless.

In arranging the clothing, avoid suspending weight

from any part of the body by straps and bands. The hips are as able to bear the weight as the shoulders. We weaken the hips with heavy burdens, then the shoulders—where next? Let the clothing be distributed as evenly as possible. To do this, nothing serves so well for underclothing as the union or combination suit with tights and woven vest.

Dresses must be arranged upon the same principles : Equalization of weight and warmth, and no pressure. If dresses are made short enough in the waist and large enough, all uncomfortable sensations will be avoided. Very long waists are as great a deformity as very small ones. Long skirts are unhealthful ; they are heavy. When held up in the street they impede one's movements ; when dragging, they not only become filthy themselves, but stir up dirt and disease in the streets and carry it into the homes.

Think of becomingness rather than of style ; what looks well on yourself rather than on your neighbor. By a little care in this direction, and avoiding extremes, garments can be worn until worn out, without making over.

The dressing of the feet has been treated of in another chapter.

The throat is also a much-abused part of the body. High, stiff collars impede circulation, and often cause

serious throat-trouble. One may follow her own fancy and use laces, ruchings, ribbons, or anything she pleases, but give perfect freedom.

Healthful, artistic dress never destroys individuality, but rather adds to it, just as a controlled body better enables us to express our real selves.

CHAPTER VII.

OBESITY, FOOD, BATHING, NERVOUS DISORDERS.

OBESITY is frequently caused by insufficient exercise and non-assimilation of food, the latter often caused by eating more than the system requires, and by eating unnutritious food. By general exercise we burn out the waste matter; but it is better to direct the exercise to the part affected, using quite strong exercises. As this might come under the head of disease or deformity, no special exercises are given in the regular list, but a few of the best ones for this purpose are given here.

Obesity.

Exercise I.

Drop knees slightly, and, keeping knees and shoulders quiet, roll lower part of body; that is, push it forward, to right, backward, to left, etc.

28 OBESITY, FOOD, BATHING, NERVOUS DISORDERS.

Exercise II.

Lie flat on the floor, face downward, hands under chest, raise body until only forearms and toes touch floor, keeping body as nearly flat as possible.

Exercise III.

From first position (Ex. II.) draw body up to what is known as knee-chest position, knees resting on floor, chest drawn up to knees and arms outstretched. Keep chest close to floor in drawing up; as the body returns to flat position do not move hands.

Exercise IV.

Lie on back. While keeping upper part of body quiet, with knees stiff and feet together, raise legs until at right angle to body.

Exercise V.

Lie on back, and, keeping lower part of body quiet, rise to a sitting-position.

Entire body-movements, (Exs. XLIX.—LVII., Part II.) are also very good.

Care must be taken to stretch, not to jerk the muscles. These exercises are quite severe, and at first should be tried only once or twice ; but with a little practice they may be taken five or ten times, night and morning, always in a room where the air is pure, as so much depends upon a good supply of oxygen.

This with a little attention to the food eaten will be certain to bring results. By attention to food is not meant dieting in its strict sense, but the avoidance of things that stimulate appetite without giving nourishment, so that more is not eaten than the system actually needs. Careful observation leads to the conclusion that the same diet does not tend to decrease or increase fat in different persons ; but a much less quantity of simple, nutritious food will satisfy than when the food is mixed with all sorts of condiments and consists largely of unnutritious delicacies served in great variety.

Walking is also a means toward reducing fat ; but that alone requires more time than most people feel inclined to give, eight or ten miles a day being sometimes necessary.

The same care in moderate degree in regard to pure air, food and exercise will prevent the accumulation of fat as well as reduce it, and will keep the body in a

30 OBESITY, FOOD, BATHING, NERVOUS DISORDERS.

rounded normal condition. All persons do not need the same diet, but each should study carefully his or her own needs.

Too much cannot be said of the necessity of daily cleansing the skin. There are all ways and degrees, from the cold plunge to a simple friction with a dry towel. Most people can bear at least a hand bath with tepid water and a thorough rubbing. Avoid shocks, even though it may be possible to produce reaction easily. It is too great a waste of nerve-force. Some are much refreshed from a bath just before retiring; others find it too invigorating and it renders them sleepless.

For busy people, a few exercises for each part of the body, taken the first thing in the morning to arouse the dormant energies, followed by the bath, make a good preparation for the day. At night a few moments of relaxation, then a few exercises directed to the parts of the body that need special training, are beneficial. If the tendency of the day's work is to push the head and shoulders forward and to hollow the chest, use exercises to correct these faults; so with other parts of the body.

For brain-workers a moment's complete relaxation at any time during the day often brings relief. During intermissions go out doors and throw off all restraint. If we could only drop false ideas of dignity and indulge

in genuine recreation! Where numbers congregate, take five minutes of complete relaxation, then gentle, pleasant exercise, not exhaustive, for a few minutes before eating; after eating, quietly rest for a short time in a rocker if one is available, when work may be taken up again without such extreme tension.

Regular, continued exercise should never be taken immediately before or after a hearty meal, as the blood is thus drawn from the stomach and indigestion is sure to result. The exercise spoken of in the preceding paragraph equalizes circulation, rests the parts that have been used during work, and diverts the mind.

For sleeplessness take, first, energizing exercises for each part of the body, then the exercises which equalize circulation, then a bath; and then, with lights out, relax, sitting at first, then lying on the bed. Make the body heavy, raise the foot and drop it; then the arm; the same with the head, all slowly and lazily, and sleep will come. Some prefer the bath first, if perspiration is easily produced, or if it is difficult to get reaction. Use cold or tepid water, as is more agreeable. No rules can be laid down; it must be a matter of individual study; but the daily bath, the daily exercise and the daily relaxation are a necessity. Some can take a short nap and waken refreshed; that is relaxation of the best kind.

32 OBESITY, FOOD, BATHING, NERVOUS DISORDERS.

For those who are not well and are not regularly employed, the middle of the morning is the best time. Thirty or forty minutes' exercise may be increased as strength increases, always followed by a bath and rest—sleep, if possible.

Under this treatment confirmed invalids have been restored to health. Especially is this true of nervous disorders; and, when combined with a determination to recover, will bring wonderful results.

CHAPTER VIII.

THE THROAT.

MUCH of the throat-trouble which is attributed to climatic influences is really due to wrong use of the voice. Getting the power from the throat instead of from the diaphragm and locating the tones imperfectly are, perhaps, among the greatest faults.

First, we need a series of vocal gymnastics that will tone up and place under control every part of the vocal apparatus—breathing-exercises, exercises for the lips, tongue, soft-palate, etc. As it would make this book too bulky, no exercises will be given; only a few suggestions that may be helpful to speakers.

Moving the lips always helps to bring the tone forward and to relieve the throat. In speaking, keep a slight outward expansion of the muscles that control the diaphragm, just enough to be sure they are not yielding; this often relieves the throat. Oftentimes, directing the effort to lips and diaphragm will remove all tension.

If the room is large or difficult to speak in, do not raise the voice to a higher pitch ; speak more slowly, articulate more distinctly, move the lips. A little attention to these points until they become habitual will prevent loss of voice, and the voice will become stronger by use. A diseased throat cannot be cured by inaction. It must be exercised. Correct use always strengthens, while abuse weakens any part of the body.

The manner of dressing the throat is of great importance. Avoid tight, stiff bands and excessive warmth. Often, public speakers after using the voice for an hour or two, wrap up the outside of the throat but leave the inside exposed. There is only one way to protect the inside, that is by persistently keeping the mouth closed, thus preventing the cold air from coming in contact with the warm, congested parts. How often we see the minister, with heavy muffler or fur collar around his throat, walking or riding after service and talking continually, and the next day wondering how he could have taken cold, when he was so careful. He simply opened his mouth and swallowed the cold. Any one of these bad habits will cause serious trouble ; by correcting them, entire relief is often experienced.

It is only when the voice is under control, thoroughly cultivated, that we can best express to the world our thoughts. The "drop of ink" has done a mighty work

in uplifting humanity, but nothing can compare with the human voice as an agency for imparting knowledge.

Then, with the body at its best, as a foundation for intellectual and spiritual growth, and the voice ready to convey its message to the world, we may hope to measure up somewhat nearer to God's perfect plan when He "created man in His own image."

PART II.

—

EXERCISES.

CORRECT POSITION.

HEAD erect, shoulders back, chest forward, abdomen back, weight over ball of foot. A line will pass through ear, shoulder, hip and instep. Take a side view in a mirror as a test.



FIG. 2.

Head Movements.*Exercise I.*

Bend head slowly forward and back ; from side to side ; turn to right, turn to left ; shoulders quiet.

Exercise II.

Bend head forward and roll it slowly around, starting it toward the right.

Reverse the movement.

Exercise III.

Turn head to right, bend it backward toward the left, raise it ; turn to left, bend it backward toward the right.

Exercise IV.

Push chin out as far as possible, then draw it back.

These exercises will strengthen the muscles at the back of the neck, making it possible to hold the head in perfect poise, and also develop the neck-muscles.

Hand, Arm and Shoulder Movements.*Exercise V.*

Arms extended at sides, shoulder level; close and open hand, spreading fingers wide.

Exercise VI.

Hand closed, move up and down on wrist.

Exercise VII.

Arms still extended, let hand hang from wrist; lower wrist, without changing level of finger-tips. (See Fig. 19, dotted lines. Feather movement.)

*Exercise VIII.***ARM CIRCLES.**

Swing arms in perfect circles at side of body, forward and backward, hand closed. Body may sway slightly. Right—left; then one forward and the other backward.

Exercise IX.

Two middle fingers curved first, and little fingers straight; bring curved fingers to meet thumb. (FIG. 3.)

Repeat several times.

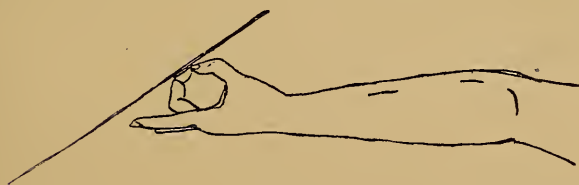


FIG. 3.

Exercise X.

In bringing hands from First Position to Second Position, dotted lines, let elbows follow upper dotted lines. (FIG. 4.)



FIG. 4.



FIG. 5.

Exercise XI.

In going from First Position to Second Position dotted, let elbows lead and make as large a curve as possible. (FIG. 4.)

Exercise XII.

Unfold hand. Place ends of thumb and four fingers together; separate very slowly, keeping distances between thumb, first finger and little finger equal.

Exercise XIII.

Arms over head at full length, thumbs together; keep body quiet, elbows straight. Bring arms down in front, down—up.

Exercise XIV.

Arms as before, bring to sides; side of hand touching side of body, down—up.

Exercise XV.

Arms as before, palms together, bring to sides; back of hands touching side of body, down—up.

Exercise XVI.

Arms at full length in front, shoulders level; put back slowly at same level; bring together.

Exercise XVII.

FOLDING AND UNFOLDING OF ARMS.

Place arm at side, palm out; fold in fingers until hand is closed; bend hand up at wrist; bend at elbow until closed hand touches shoulder; raise elbow to shoulder-level. The elbow will now be at the side of the body, not in front. Unfold one part at a time, elbow, wrist, hand. The arm will now be outstretched at shoulder-level at the side.

Reverse the movement until arm is hanging at side as at first.

Great care must be taken that only one part moves at a time.

Exercise XVIII.

RADIATION OF ARM INTO LENGTH.

Raise arm, elbow bent, hand hanging; depress wrist (Fig. 19, dotted) and straighten arm, wrist leading. (Fig. 13.)

Exercise XIX.

PIVOTAL ACTION OF ARM.

Arm outstretched; turn to positions shown in Figs. 6, 7, 8, keeping the longest finger fixed as though it were against something.



FIG. 6.



FIG. 7.



FIG. 8.

Exercise XX.

AFFIRMATION.

Raise arm, hand hanging; depress wrist, and bring hand to position as in Fig. 9, palm down.

Exercise XXI.

DEFINITION.

Raise arm, hand hanging; depress wrist, and bring hand to position as in Fig. 10, palm at side.

Exercise XXII.

PRESENTATION.

Raise arm, hand hanging; depress wrist, and bring hand to position as in Fig. 11, palm up.

These are the simplest hand-gestures, and should be practiced at all angles and at all planes to obtain perfect ease with the hand.



FIG. 9.



FIG. 10.



FIG. 11.

Exercise XXIII.

FIGURE EIGHT.

The longest finger follows the outline of the 8, back of hand always toward the inside of the figure. Arm moves from shoulder; elbow and wrist are kept straight.

The best way to practice is to make two figures about two feet in length and pin them up, then follow the outline. When two figures are made, the hands should move in opposite directions. They may be placed in any position, both vertical or both horizontal.

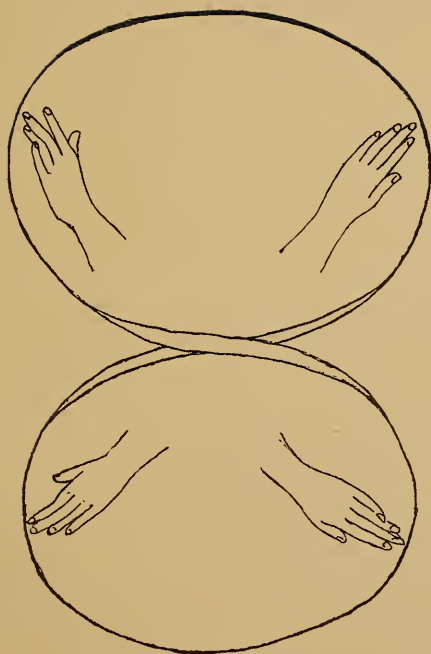


FIG. 12.



FIG. 13.



FIG. 14.



FIG. 15.



FIG. 16.

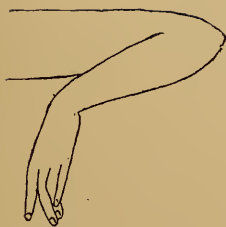


FIG. 17.



FIG. 18.

Exercise XXIV.

SERPENTINE MOVEMENT.

Raise arm at side at shoulder-level, hand hanging; depress wrist without changing level of finger-tips, Fig. 19.

Throw energy into wrist, Fig. 13.

Pivot hand upon wrist until finger-tips point to floor, Fig. 14.

Raise hand upon wrist, Fig. 15.

Bring elbow down, Fig. 16.

Raise elbow, hand hanging, Fig. 17.

Bring elbow down, hand turning outward, Fig. 18.

Depress wrist, and send hand and arm forcibly out, wrist leading, Fig. 13.

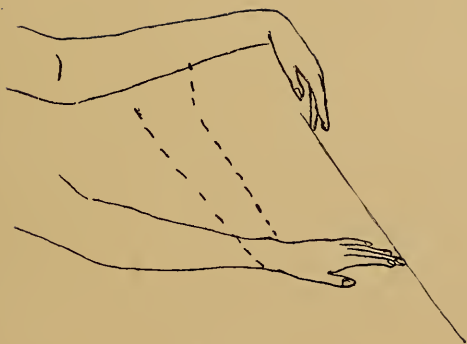


FIG. 19.

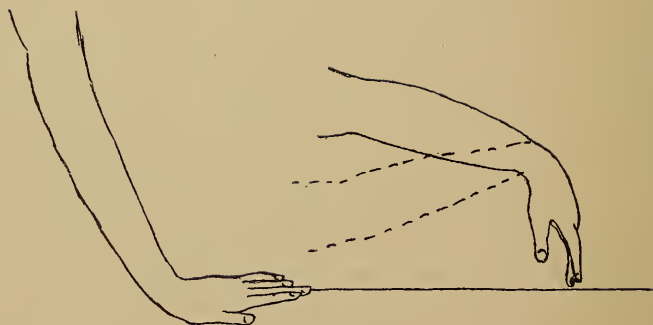


FIG. 20.

Exercise XXV.

FEATHER MOVEMENT.

So called from the imitation of a feather on the end of a stick. Raise arms above head-level, hands hanging depress wrists, being careful that level of finger-tips does not change, Fig. 19.

Bring arms down, wrists leading, below waist-level; raise wrists again, watching that level of finger-tips does not change, Fig. 20, until arms begin to move upward. The arms are kept straight in this exercise.

Repeat several times, up and down, across the body, and obliquely, always being careful that the wrists lead and the arms are straight.

This gives unusual control of the wrists and, while difficult, will repay one for the time spent in acquiring it, as it is one of the most beautiful movements in the system.

The circular and spiral movements should be taught here, but they need the living teacher.

Exercise XXVI.

DECLARATION.

Bring hand to chest, palm in, elbow at shoulder-level; sweep arm back at same level, palm of hand to front.

Exercise XXVII.

NEGATION.

Same as Ex. XXVI. but palm of hand is down at close.

Exercise XXVIII.

REJECTION.

Same as Ex. XXVI but palm of hand is back at close.

These are simple arm-gestures, and should be practiced until perfect freedom is obtained with the arm. Be careful to keep elbow at shoulder-level.

Exercise XXIX.

COMMANDING MOVEMENT.

Hand indicates object, palm up, first finger prominent. Elbow is drawn back, palm of hand turned down, and hand sent forcibly out toward exit. First finger remains at shoulder-level during entire movement. The eyes are turned toward object; just before the finger points to exit, the eyes turn toward exit, then back to object.

Lung Exercises.*Exercise XXX.*

Inhale slowly and steadily through rounded lips ; exhale with sound of *sh*. This exercise takes the place of breathing through a tube, so often recommended for weak lungs.

Exercise XXXI.

Fill the lungs, and, while holding the breath, percuss the chest very lightly with the fingers, keeping the wrists loose.

Exercise XXXII.

Combine Ex. XXX. with Ex. L.

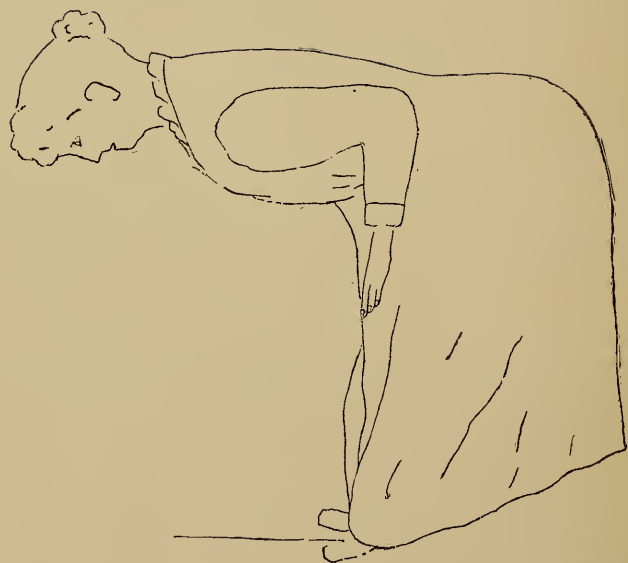


FIG. 21.

Torso or Trunk Movements.*Exercise XXXIII.***KNEAD RIBS.**

Place hands as close under arms and as far back as possible, and press sides forward with palms of hands ; release pressure and throw back with muscular effort. Do this between arms and waist-line.

*Exercise XXXIV.***WAIST MOVEMENTS.**

Bend forward and backward ; from side to side ; turn to right ; turn to left ; hips perfectly quiet.

Exercise XXXV.

Bend forward and roll upper part of body, starting toward the left, toward the right, hips perfectly quiet. Let head go with body.

*Exercise XXXVI.***HIP MOVEMENT.**

Bend at hips, no other part of the body yielding. (Fig. 21.)



FIG. 22.



FIG. 23.



FIG. 24.

Foot and Leg-Movements.*Exercise XXXVII.*

Paw with right foot, movement same as that of a spirited horse.

Same with left foot.

Exercise XXXVIII.

RUNNING IN PLACE.

Use feet the same as in running, but do not go forward.

Exercise XXXIX.

BALANCING.

Stand on right foot, swing left foot back and forth; cross it over right leg just below knee, Fig. 22, and hold position steadily.

Reverse, standing on left foot.

Exercise XL.

BALANCING.

Cross left foot in front of right, Fig. 23; swing foot around to same position back of the other, Fig. 24.

Reverse, and cross right foot.

In this and in Ex. XXXIX. the leg should swing from the hip.

Exercise XLI.

Mark time, as soldiers do when for any reason they cannot go forward and as they wait keep step to the music. Be careful to keep in good position and not to sway the body.



FIG. 25.



FIG. 26.

Exercise XLII.

POISE AT ANKLES.

All parts of the body in line, sway forward and back, side to side, up and down (same as rising on toes).

This movement is at the ankles only. In the last, do not let body sway backward as heels touch floor. Move slowly and steadily.

Exercise XLIII.

Pivot or turn from side to side on balls of feet, feet together; one foot advanced as in walking; if the right, turn to the left, if the left, turn to the right.

Exercise XLIV.

Feet in position as in Fig. 25. Rise on toes, keeping body perfectly steady.

Reverse.

Exercise XLV.

DRILL FOR POSITION OF FOOT IN WALKING.

Stand with feet together, a line passing between the heels (it may be a seam in the carpet, a crack in the floor, or a piece of tape pinned down). Count eight, putting left foot out on one, back on two, etc., in position each time, inside of ball and outside of heel covering the line, Fig. 26.

Change, and do the same with right foot.

Alternate during eight counts, left 1-2, right 3-4, etc.



FIG. 27.



FIG. 28.

Exercise XLVI.

Mark off the line in spaces twice the length of your foot. Stand with toes opposite first mark, step out with left foot to second mark, weight well forward, foot in position, and raise heel of right foot, Fig. 27.

Reverse, stepping with right foot.

Exercise XLVII.

Step as before with left foot, and let right foot follow, instep of right against heel of left, Fig. 28.

Then step with right foot, letting left foot follow.

Walk in this way the length of the line, observing position of foot and of body. Do not let the body sway from side to side.

When all of these exercises have been carefully practiced, leave out the little halt in Ex. XLVI., and walk the length of the line, and we have the perfect walk. Then practice to music, walking not marching. A military schottische gives the best movement.



FIG. 29.

Walking-Exercises to Music.*Exercise XLVIII.*

(a) Walk around the room with arms held easily at the sides.

(b) On tiptoe, with neck firm, Fig. 29.

(c) Left foot forward all the time, get an easy forward swing. Then right foot forward.

(d) Change step on every count.

(e) Change step on every fourth count.

Practice all of these, backward as well as forward. Practice all with bag of sand on head, at first heavy enough to be felt but not to be burdensome, then increase weight.

(f) Pawing walk, same movement as in Ex. XLVII., taking two counts of the music for each step.

HOUND STEP.

(g) Raise left foot by force in the upper leg, lower leg and foot hanging straight from knee, rise on toe of right foot and put left foot to the floor taking about the usual length step. Raise right foot, etc. Each step in this will require two counts of the music.

(h) Put left foot forward on 1, back on 2, forward on 3, and change step on 3 and 4. Then right foot forward, etc.

(i) Put left foot forward on 1, across right foot 2, forward on 3 and change step. Same with right foot.

(j) Cross right foot and raise left hand over head on 1, 2, 3; step out with right foot on 4, bringing hand down, cross left foot and raise right hand, etc.

(k) Sway arms and head in opposition (Ex. LXI.) counting 1, 2, 3, 4, to each change and stepping on 1, with foot on opposite side to arms.

Movements for Entire Body.

Exercise XLIX.

FOLD AND UNFOLD BODY.

Put head forward, shoulders forward; bend at waist and hips, knees slightly relaxed, until crown of head is toward floor and head is as low as knees.

Reverse order, and unfold, one part moving at a time and very slowly. Raise head last.

Exercise L.

Poise up and down as in Ex. XLII., with Ex. XVI., hands back in poising up, forward in poising down.

Exercise LI.

Poise up and down with neck firm, fingers together at back of neck, elbows well back so forearms are straight, Fig. 29.

Exercise LII.

Turn to right as far as possible; bend to right; rise; turn to left; bend to left; rise. Keep feet quiet.

Exercise LIII.

Bend backward, arms raised, fingers resting on shoulders, elbows high. Let head go back first, other parts following, every part bending. Come up slowly, head last. This stretches all the front muscles of the body.

Exercise LIV.

Bend forward, arms raised over head, elbows straight, abdomen well back, touch floor with hands without bending knees. This will stretch all the back muscles of the body.

Exercise LV.

Bend right, left arm curved, hand hanging over head, elbow high, weight on left foot, right foot out at side. Bend as far to the right as possible, keeping weight on left foot.

Exercise LVI.

Bend left, same as to right, to stretch muscles on right side.

Exercise LVII.

Stretch up on tiptoe, hands high, head well up.

Reverse order and come to position.

Ex. LIII.—LVII. are especially good to equalize circulation.



FIG. 30.



FIG. 31.



FIG. 32.



FIG. 33.

Exercise LVIII.

HEAD AND HAND.

(a) Bring head and hand toward each other obliquely, Fig. 30.

(b) Separate at same angle.

(c) Bring together as in (a).

(d) Hand across body, palm out; Fig. 31, head in opposite direction.

(e) Bring together, Fig. 32.

(f) Hand out, head opposed, Fig. 33.

(g) Bring together, Fig. 32.

(h) Hand down in front, head directly back.

(i) Bring together.



FIG. 34.

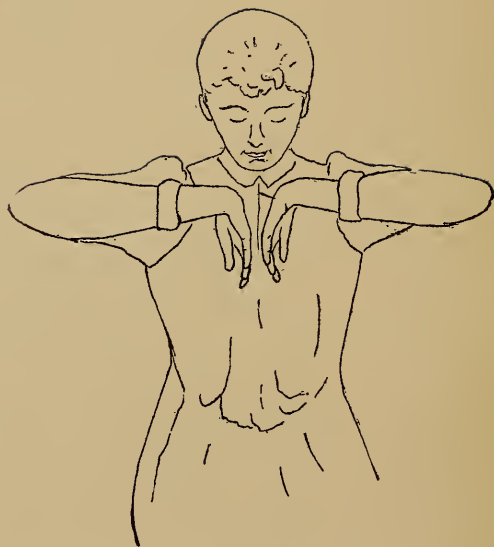


FIG. 35.

Exercise LIX.

HAND AND ARMS, FOREARM AND TORSO.

While raising arms in front, bow head, Fig. 34. As forearms are brought to chest, sway torso forward, Fig. 35. Return to position in Fig. 34. Lower arms and raise head.

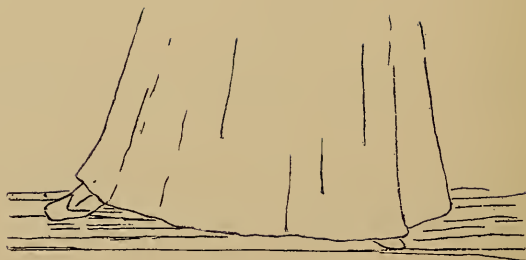


FIG. 36.

Exercise LX.

HEAD, ARM AND FOOT.

First position of foot, Fig. 23, right foot crossed over left, head and hand as in Fig. 31, left hand crossed. Second position, right foot as in Fig. 36, head and hand—as in Fig. 33.

Repeat three times.

While foot is extended, drop left hand and bring right to body. Opposition as before, three times.

While right hand is across body, transfer weight to right foot and cross left foot over right, Fig. 23. Opposition as before, three times.

Change hands while left foot is extended, Fig. 36. Opposition as before, three times. In this movement the hand is opposed to the head, the foot and head are together.

Exercise LXI.

HEAD AND TORSO.

Combine movements of the torso, backward and forward, side to side, turn to right, turn to left, with same movements of head, torso and head moving in opposite direction. Torso movements are from the hips, not the waist.

This exercise is better practiced sitting.

Exercise LXII.

Sway arms in opposition to head. Raise arms on right side at full length, hands hanging at head-level; depress wrist, Fig. 19, and, with wrists leading, let arms pass downward at full length, then upward to same position on left side. Sway from side to side, head moving in opposition.

Exercise LXIII.

Kneel on one knee as arms are raised, wrists leading; rise while raising head and lowering arms.

Exercise LXIV.

Kneel and bow head in hands. Rise and bring clasped hands down as head rises.

Exercise LXV.

HARMONIC POISE, FORWARD AND BACK.

Foot advanced, weight forward, torso back, head forward; as the weight is changed, let the head sway back and the torso forward.

Exercise LXVI.

HARMONIC POISE, SIDE TO SIDE.

Head with weight, torso opposed; change from side to side.

Exercise LXVII.

Kneel on left knee, keeping upper part of body erect; then on right knee.

Exercise LXVIII.

RISING FROM CHAIR.

Sway forward, waist unbending, until weight is over advanced foot, then rise. Sway back and sit, keeping upper part of body erect.

Exercise LXIX.

PICKING THINGS FROM THE FLOOR.

Same position as in Ex. LXVII., bending knee that is toward object and going as low as is necessary to reach object.

Relaxing Movements.

Relaxing movements are those where the energy is voluntarily withdrawn from any part of the body, leaving it heavy, limp, showing no resistance if touched by another person.

*Exercise LXX.***TO RELAX THE HANDS.**

Shake the hands up and down, back and forth ; rotate in and out, all the energy in the arm. The fingers will seem large and lifeless.

*Exercise LXXI.***TO RELAX THE ARMS.**

Raise arms over head full length ; remove energy and let them drop. With arms relaxed, move shoulders up and down, back and forth. Shrug shoulders, and at the same time sway body to right and to left. It gives the movement of a petulant child ; arms are thrown from side to side.

*Exercise LXXII.***TO RELAX HEAD.**

Let head drop forward and backward, side to side, roll to right, roll to left. Positions are the same as in Ex. I. and Ex. II., but those are controlled. In this, the head is heavy and drops from one position to the other.

Exercise LXXIII.

TO RELAX WHOLE BODY.

Let head, arms, waist-muscles and knees relax at the same time. This gives same position as in Ex. XLIX. Do not make the movements jerky, but let every part go easily. By relaxing the ankles, the body will fall to the floor sidewise, striking the thigh first. Do not put out the arms in falling.

Exercise LXXIV.

TO SIT RELAXED.

Feet slightly separated, resting on the floor; hands dropped in lap, palms up; waist-muscles relaxed and head relaxed forward. For severe nervous troubles this should be practiced several times a day, but always followed by energizing exercises to prevent one from becoming round shouldered. If troubled with insomnia, sit in this position for half an hour when ready to retire, then relax lying in bed.

Beautiful sets of exercises for exhibitions can be arranged from these.

Combination I.

Exercises XIX., IX., XVIII., XX.-XXVIII., XVII., XLXIX.

Take these to the "Flower Song," by Lange.

Combination II.

Exercises LXI. and LVIII. sitting; LXV., LXXII. and LX. with right foot advanced; LXV. and LXVII. with left foot advanced; LXIX, LII.-LIV.

The "Swing Song," by Fontaine, gives a delightful rhythm for these. If only one set is desired, give Combination I., omit LXI. and LXV and give LVIII. standing.

Combination III.

X.-XVI., XXXIII-XXXVI., L-LVII.

Use $\frac{4}{4}$ movement in moderate time.

Combination IV.

The exercises for walking to music, Ex. XLVIII., putting the walk with hands at sides (*a*) between each of the others (*b, c, d, h, i, j, k, l*), combined with a few fancy figures, make a very pretty series

Other combinations will suggest themselves.

Corrective Exercises.

The aim of corrective exercises is to bring the body to its normal condition. If the head is not well poised, is habitually carried on one side, or too far forward, or if the neck-muscles are not well developed, use Ex. I-IV.

If the shoulders are rounded and chest sunken, use Ex. X., XI., XXX. and XXXII. This also aids digestion.

If the arms are not straight, use Ex. XVII. and XIX.

If the muscles of the trunk of the body are weak, use Ex. XXXIII.-XXXV.

To give control at the hips, use Ex. XXXVI. and LII.

For general exercise of the legs, use Ex. XXXVII.-XLI.

To strengthen the ankles, use Ex. XLII. and XLIV.

After exercising each part, use Ex. LIII.-LVII., to stretch all the muscles and equalize circulation.

Many of the other exercises will be found very beneficial, but these are the best for special purpose.

Use relaxing exercises for each part to remove stiffness.

To get the best results practice at a regular time each day.

SCHOOL WORK.

The following grading, while not arbitrary because special needs always must be considered, may be found helpful in the schoolroom.

Primary Grades—Position Exercises XIII.-XVI., XXX.-XXXII., XXXVII.-XLIII., Imaginary games, motion songs.

Intermediate Grades—Position Exercises XIII.-XVI., VIII., XVII., XXX.-XXXII., XXXVII.-LXIV., XLVII (*a, b, c,*) XLIX-LVII.

Grammar Grades—Position Exercises VIII.-XVII., XIX., XXXIII-XLV., XLIX-LVII., LXXVII-LXXIX., LXX.-LXXIV., XLVIII (*a, b, c, d*). Use I-IV. if needed.

High School Grades—Use complete list.

Indian club-swinging is a most beautiful exercise and, consisting as it does of a series of curves, is in perfect harmony with the principles advocated in this book; but it is very difficult to learn the movements from a book. The living teacher seems to be almost a necessity, if one would become at all skilful. While we do not believe that any apparatus is a necessity to perfect development, we have used and taught the club-swinging for years, and find it a very satisfactory complement to the system described in this book.

GENERAL DIRECTIONS.

Unless it be to quicken circulation when chilled or that windows may be opened, take all exercise rather slowly in order to gain control and to stretch the muscles.

In the schoolroom gain variety by giving all the shoulder-exercises at one time, at another all for the hands, at another for the feet, at another one for each part of the body, etc.

Young children do not need what is called training, but must be kept growing in right directions, and often can be relieved when tired by a few simple exercises for each part of the body. Imaginary games and motion-songs are good, unless so violent as to cause breathlessness. If they shuffle, put a row of bricks or books on the floor and as they walk have them step between them. Do not permit them to stand with spread feet or with hip thrown out. Give frequent changes, but never allow them to sit in cramped positions. If the air cannot be kept pure in any other way, open the windows wide for a few moments and give the children quite vigorous exercise. There is less danger from this than from impure air.

For little children a few moments of exercise given frequently to relieve the muscular unrest consequent upon confinement, is much better than long-continued practice. If the children in the lower grades could be kept in good position and free from stiffness, much of the corrective work in the higher grades would be unnecessary, and real training could take its place.

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Lecturer and Teacher

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Temperance Union.

LECTURE SUBJECTS:

- "Principles of Physical Culture."
 - "Healthful Artistic Dress."
 - "How to Breathe and Talk."
 - "How to Stand and Walk."
 - "The Religion of the Body and its Relation to the Temperance Cause." (W. C. T. U. Conventions).
 - "God's Thought for Us" (Sunday service).
-

SUBJECTS TAUGHT:

INDIAN CLUB SWINGING, EXERCISES FOR DEVELOPMENT,
FLEXIBILITY AND CONTROL OF EVERY PART OF THE
BODY, VOCAL GYMNASTICS, BREATHING,
VOICE-PLACING, READING, Etc.

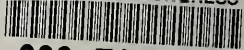
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W. C. T. U. CONVENTIONS, Etc.,
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